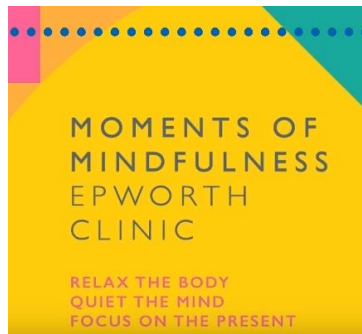


Topic: Self-Motivation

Breathe



Relax the body, quiet the mind & focus on the present with Moments of Mindfulness

[Click Here for a 5-minute mindful breathing clip](#)

Learn

The ability to motivate yourself—self-motivation—is an important skill. Self-motivation drives people to keep going even in the face of set-backs, to take up opportunities, and to show commitment to what we want to achieve.

Motivation is what pushes us to achieve our goals, feel more fulfilled and improve our overall quality of life.

KOBE BRYANT

[Click here to hear Kobe Bryant's Champion Advice.](#)

Move



The Git UP Challenge is in full effect!
[Click Here](#) – We challenge you to do the Git UP dance!

Grow

Becoming self-motivated, or even just improving our self-motivation a little, doesn't happen overnight though.



Did you know that writing things down on a to-do list can help you prioritize and complete tasks? Try writing down 1-3 things that you'd like to commit to today and check them off as you complete the tasks!